

MARCH 2016

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Carie Dick—Director
Bev Hinkle—Assistant Director
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VAN DRIVERS

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Bernie Schaeffer












ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

Web Site: www.jasperindiana.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	2 9:00-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Dominoes 3:00 Money Due Tropicana Trip 	3 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney 3:00 RSVP Lunch Bunch 	4 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Hand & Foot	5
6 Center Open 1-4	7 9:00 Exercise Class 9:45 Exercise Class 12:30 Golf 3:00 RSVP Catered Meal 	8 10:00 Tender Loving Crafts 11:00 Lunch Bunch 12:30 Scrabble 12:30 Phase-10	9 9:00-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Tripoley	10 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney 12:30 Book Club	11 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me	12
13 Center Open 1-4	14 9:00 Exercise Class 9:45 Exercise Class 12:30 Hearts	15 7:30 Sign Up Owensboro Trip  10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	16 9:00-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Phase 10	17 Happy St Patrick's Day  9:00 Exercise Class 9:45 Exercise Class 12:30 Sheephead Tourney 12:30 Hand & Foot	18 8:30 Mah Jongg 10:00 Singing Seniors at Timbers 12:00 Catered Meal 12:30 Golf 3:00 RSVP Boomerama 	19
20 Center Open 1-4	21 9:00 Exercise Class 9:45 Exercise Class 12:00 Boomerama 12:30 Dominoes	22 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Tripoley	23 9:00-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Pay Me	24 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	25 CENTER CLOSED GOOD FRIDAY	26
27 Center Closed 	28 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem	29 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO 3:00 Money Due Owensboro Trip 	30 8:45 Leave Armory for Tropicana  9:00-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Hearts	31 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney		

MARCH HOMEBOUND 2016

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

Dubois, Daviess, Martin, Pike, GENERATIONS NUTRITION, Menu subject to change without notice. Meals served with milk and margarine. Phone number for meals (812)367-2990

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sloppy Joe Diced Potatoes Peas Pineapple Juice Bun	2 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	3 Pork BBQ Baked Beans German Potato Salad Applesauce Bun	4 Chef Salad Hard Boiled Egg/Cheese Mandarin Oranges Honey Bun Crackers/Dressing	5
6	7 Ham & Beans Cornbread Mixed Greens Oatmeal Pie	8 Parmesan Chicken Yam Patties Winter Blend Vegetables Grape Juice Wheat Bread	9 Salisbury Steak/Gravy Mashed Potatoes Green Beans Pudding Wheat Bread	10 Chicken & Dumplings Brussel Sprouts Carrots Raisins Wheat Bread	11 PB&J Sandwich Soup Peaches Crackers Cookie	12
13	14 Hot Dog Baked Beans Steamed Cabbage Pineapple Bun	15 Smokey Riblets Corn Broccoli Granola Bar Wheat Bread	16 Chicken/Gravy Mashed Potatoes Green Beans Cranberry Juice Wheat Bread	17 Breakfast Bake Hot Apples Biscuits Cookie Wheat Bread	18 Tuna Salad Peaches Shredded Lettuce Potato Chips Wheat Bread	19
20	21 Country Fried St/Gravy Mashed Potatoes Vegetable Blend Mandarin Oranges Wheat Bread	22 Breaded Cod Mixed Vegetables Diced Potatoes Grandma's Cookies Bun	23 Chilli Hot Applesauce Crackers PBJ Sandwich	24 Beef Stew Corn Biscuits Fruit	25 GOOD FRIDAY	26
27	28 BBQ Chicken Winter Blend Cheese Potatoes Grape Juice Wheat Bread	29 Hamburger/Cheese Potatoes Green Beans Mixed Fruit Bun	30 Teriyaki Chicken Sliced Potatoes Butter Beans Pears Wheat Bread	31 Meatloaf Mashed Potatoes Corn Cookie Wheat Bread		

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



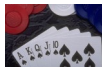
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. If you want to brave the winter weather it is a good path for exercise



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
MARCH, 2016**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.



March 1 - "Little Bear" Dolls
March 8 - Necklace Extenders
March 15 - Bird Feeders
March 22 - Southwest Items
March 29 - Catch Up

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at the Timbers on Friday, March 18th at 10:00 am



- **BINGO:** Will be played at **12 p.m.** on **Tuesdays, March 1, March 15, and March 29.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE	46	74
2	28	37	55	68
10	27	39	59	75

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, March 1, March 15, and March 29.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** For more of a challenge, come in at **9:45 a.m. on Monday and Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



RAINBOW MESSENGER

CARD TOURNEYS

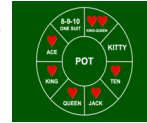


- **Thursday, March 3rd**
Cinch Tourney
- **Thursday, March 10th**
Rum Tourney
- **Thursday, March 17th**
Sheephead Tourney
- **Thursday, March 24th**
Euchre Tourney
- **Thursday, March 31st**
Rum Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, March 28th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Wednesday, March 2nd and Monday, March 21st.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers will be played at **12:30 p.m. Friday, March 11th and Wednesday, March 23rd.** **Please call in by 10 a.m. if you are coming in to play.**

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. on Wednesday, March 9th and Tuesday, March 22nd.** We have a lot of fun! **Please call in by 10 a.m. if you are coming to play.**



- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, March 8th and March 22nd.** **Please call in by 10 a.m. if you are coming to play.**
- **PHASE-10:** Will be played **Tuesday, March 8th and Wednesday, March 16th at 12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you are coming to play.**
- **HEARTS:** We will play at **12:30 p.m. Monday, March 14th and Wednesday, March 30th.** This game is easy to learn and very enjoyable. **Please call in by 10:00 a.m. if you are coming to play.**
- **GOLF:** The card game will be played **Monday, March 7th and Friday, March 18th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. if you are coming to play.**

- **HAND AND FOOT:** A 2 handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Friday, March 4th and Thursday, March 17th at 12:30 p.m.** **Please call in by 10:00 a.m. if you are coming to play.**

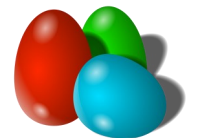
- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.

- **MAH JONGG:** Originated in China and is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday, please call in by 10 a.m. to let us know.** New players welcome.

Easter Eggs

Due to the timing of spring break, we will not be coloring Easter eggs this year. We will do it again next year.

Thank you!



RAINBOW MESSENGER

SPECIAL ACTIVITIES

ALL TRIPS AND ALL ACTIVITIES ARE ONLY FOR DUBOIS COUNTY RESIDENTS 55 YEARS AND OLDER. WHEN SIGNING UP FOR TRIPS, ONLY 4 INDIVIDUALS PER SIGN UP.

- **LUNCH BUNCH:** Join us at Buffalo Wings & Rings on Tuesday, March 8th at 11:00. Tuesday lunch special is \$.69 wings. They also offer \$6.99 lunch specials on the menu. As always the meal is "dutch treat". Reservations are due by 3:00 p.m. Thursday, March 3rd. Come enjoy good food and visit with friends.



CATERED MEAL: Schnitzelbank Catering will be fixing a delicious meal for us on Friday, March 18th at 12:00. The menu will be: Baked Lightly Breaded Boston Cod, Homemade Cheesy Potato Casserole, Glazed Baby Carrots, Green Beans, Creamy Cole Slaw, Biscuits and Apple Butter, and Unsweetened Iced Tea or Decaf Coffee. Cost of the meal will be \$8.25.

Reservations are due to the Center by 3:00 p.m. Monday, March 7th.

BOOMERAMA: Will be held Monday, March 21st at 12:00. The speaker will be Jan Dougan. She is with Purdue Extension and will be speaking on Ancient Grains. Come hear her interesting topics. There is a \$5.00 charge to cover the cost of the optional lunch. Reservations are due by 3:00 p.m. on Friday, March 18th.

- **BOOK CLUB:** On Thursday, March 10th at 12:30 p.m. We will be discussing "Language of the Flowers" by Vanessa Deffenbaugh. The April book will be "The Man on the Washing Machine" by Susan Cox. The book is a mystery about Theo Bogart, who flees London to escape a high-profile family tragedy. Life's great until an acquaintance falls or is pushed from an upstairs window. Will her past come back to haunt her? Come in and give us your opinion of the book. New members are always welcome. (Meet in the library at the Center)



What's On Your Plate?
Smart Food Choices for Healthy Aging
Join Jan Dougan, Extension Educator with Purdue Extension-Dubois County, before exercise class Monday mornings at 8:45, for weekly recipes and nutrition tips.

- **BIRTHDAY & ANNIVERSARY:**

We will no longer be publishing birthday and anniversaries in the newsletter. If you would like your birthday and/or anniversary to appear on the bulletin board at the Center, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- Free beginner and intermediate bridge lessons. Call Cindy Kluemper at (812)482-3299 or Mary Ann Seng at (812)482-1101



*****2016 Newsletter*****

It is time to sign-up to have the 2016 Rainbow Messenger mailed to you each month. The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at www.jasperindiana.gov



Tax Filing Assistance Available

The Habig Center from 9 a.m. to 3 p.m.
March: 3rd, 10th, 17th, 24th, and 31st
April: 7th
To schedule an appointment:
Call 812-482-4455

Ferdinand Senior Center will be offering filing assistance. Watch the future newsletters for times and dates.

TRIPS

****There is a \$25.00 charge for all returned checks****

TROPICANA CASINO **Wednesday, March 30th**

Wednesday, March 30th. We will leave the Armory at 8:45 a.m. with pick-ups at the Huntingburg Methodist Church. Be sure to bring your Tropicana Card Number or your name, address, and date of birth when paying. Cost of the trip is \$15.00 due by 3:00 p.m. Wednesday, March 2nd.

OWENSBORO, KY **Wednesday, April 20th**

Mark your calendar for Wednesday, April 20th. We will leave the Armory at 10:30 am for Owensboro, KY to eat at Moonlite Bar-B-Q, then tour the International Bluegrass Music Museum. Cost of the day is \$32.00 for transportation and admission to the museum. Lunch will be dutch treat. Sign ups start at 7:30 a.m. on Tuesday, March 15th. Money will be due to the Center by 3:00 p.m. on Tuesday, March 29th.

PHANTOM OF THE OPERA **Louisville, KY** **Thursday, June 2nd**

Mark your calendar for Thursday, June 2nd to see the matinee performance of Phantom of the Opera at Kentucky Center for the Arts in Louisville KY. More information to follow in the April newsletter.



Recipe Exchange

PROTEIN BALLS

Ingredients:

1 c. dry oatmeal
2/3 c. toasted coconut (toasted under broiler on cookie sheet)
1/2 c. peanut butter
1/2 c. ground flax seed
1/2 c. mini chocolate chips
1/3 c. honey
1 T. chia seeds (optional)
1 tsp. vanilla extract

Directions: Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and refrigerate for a half hour. Once chilled, roll into balls of whatever size you would like. 1 inch in diameter is recommended. Store in refrigerator in air tight container.

Submitted by Kris Hochmeister

Have a good recipe to share? We would be happy to publish it.

HUNTINGBURG SENIOR CENTER MARCH 2016

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!



There will be Bingo all 5 Wednesdays, in March



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others



The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game.
Several have learned to play this and really enjoy it.
Boggle - A word game using scrambled letters and a timer.
Electronic dart board & a mini 9-hole golf to practice your putting skills.

****We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.****

Puzzle: We have one started, come in and help put it together!



CARRY-IN LUNCH


Thursday, March 10. Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



Memorial Gym is open for walking. Hours are Monday—Friday 5:00 a.m. to 1:30 p.m. and Saturday, 7:00 a.m. to 11:00 a.m.



**** Get your Blood Pressure Checked****
First Wednesday of the month from 12:30 - 1:00 p.m.

 **Join THE SENIOR FUN GROUP every Tuesday and Friday at 1:00 at Breakway Lanes, 104 E 13th Street, Huntingburg. Bowl 3 games for \$7.35 plus cost of shoes. Free coffee and popcorn.**



MARCH BIRTHDAYS

Vi Scherry	March 10
Chester Hanebutt	March 12
John Wirthwein	March 14
Thelma Coffey	March 17
Sylvester Schaefer	March 18
Andrea Mihajlovits	March 21
Nancy Severs	March 21

TAXES:



Taxes will be done on Tuesdays, 1:00 to 7:30 at the Senior Center.

You will need:


Drivers License or picture ID
All wage and earnings statements (W2, 1099, etc.)
Unemployment statements
Social Security benefits statements
Last year's state and federal tax returns
Landlord name and address and total amount rent paid
Proof of real estate taxes paid
Also, this year, you will need a 1095—Health Care Ins.

Call (812)630-1361 or (812)683-2994 to make an appointment

MARCH 2016



HUNTINGBURG SENIOR CENTER
309 N Geiger St
Huntingburg IN 47542
812-683-2994
Rita: 812-309-9576

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:00 Bowling	2 1:00 BINGO Sponsor: HLS 2:00 Cards & Games	3 10:00 Easter Crafts with Michelle 1:00 Cards & Games	4 1:00 Bowling	5
6	7 12:30 Cinch Tourney Sponsor: Brookside	8 1:00 Bowling	9 1:00 BINGO 2:00 Cards & Games	10 12:00 Carry In Lunch Sponsor: St Charles 1:00 Cards & Games	11 1:00 Bowling	12
13	14 12:30 Euchre Tourney Sponsor: The Timbers	15 1:00 Bowling	16 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	17 10:00 Easter Crafts with Michelle 1:00 Cards & Games	18 1:00 Bowling	19
20	21 12:30 Cinch Tourney Sponsor: Northwood	22 1:00 Bowling	23 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	24 1:00 Cards & Games	25 1:00 Bowling	26
27 	28 12:30 Euchre Tourney Sponsor: Willowdale	29 1:00 Bowling	30 1:00 BINGO Sponsor: Senior Center 2:00 Cards & Games	31 10:00 Crafts with Michelle 1:00 Cards & Games		